

Attitude Towards CPR Among Higher Secondary Students in Lucknow, Uttar Pradesh

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Abstract: This paper presents an overview on attitude towards CPR among higher secondary students in Lucknow, Uttar Pradesh.

Keywords: Cardiopulmonary resuscitation.

1. Introduction

Cardiopulmonary resuscitation (CPR) is as an emergency procedure for manually preserving brain function until further measures to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. It is indicated in those who are unresponsive with no breathing or abnormal breathing, for example, agonal respiration (Wikipedia, 2017). Attitude has been defined as manner, disposition, feeling, position, etc, with regard to a person or thing; tendency or orientation, especially of the mind (Wikipedia, 2017). Psychologists have defined attitudes as a learned tendency to evaluate things in a certain way. This can include evaluations of people, issues, objects, or events. Such evaluations are often positive or negative, but they can also be uncertain at times. There are several components of attitudes such as an emotional component (how the object, person, issue or event makes you feel), a cognitive component (your thoughts and beliefs about the subject), and a behavioural component (how the attitude influences your behavior) (Wikipedia, 2017). Just like any other aspect of health education and promotion, the attitude of the community to this important subject will largely determine how they can benefit from it.

2. Materials and methods

A cross sectional design study was conducted among senior higher secondary students involving Plus two 1 (PT1) and Plus two (PT2) students selected from six secondary schools in Lucknow, Uttar Pradesh. The responses of the participants were obtained using a self-administered questionnaire having 10 items regarding the attitude of the students to CPR. Six hundred (600) copies of the questionnaire were distributed to the students in the various schools and 572 properly filled copies were returned, giving a response rate of 93%.

The researcher went into the study with one research question and one research hypothesis in mind: What would be the attitude towards CPR among the students? There would be no statistically significant positive attitude towards CPR among

the selected students.

A. Data Analysis

At the end of data collection, the returned copies of the questionnaire were organized, tabulated and statistically analyzed using the Statistical Package for Social Sciences (SPSS). Mean with standard deviation, as well as the Student's t-test was used in the analysis with P-value set at 0-05.

3. Results

The result revealed that 93.9% would like to learn CPR, 95.6% would like to teach others after learning, 66.5% would perform mouth-to-mouth ventilation on a stranger, 91.6% would perform CPR on trauma victims, 94.7% on relatives, 86% on elderly victims and 95.4% on a child. In all, their attitude was positive and 92.1% were hopeful about survival of a collapsed victim who received CPR. Close to ninety four percent (94.9%) agreed that it should be taught in Uttar Pradesh schools and 96.8% to other citizens. The calculated t-value 11.67 is greater than the t-critical table value of 1.96 at 0.05 significant level. The null hypothesis of no significant positive attitude towards CPR among the selected students is, therefore, rejected, showing that there is significant positive attitude towards CPR among the selected secondary school students.

4. Implications of the finding /contribution to knowledge

- The findings of this descriptive study show that the incorporation of the teaching / training of CPR into the Uttar Pradesh higher secondary school curriculum would be welcomed by the students.
- The possible subsequent practice of the art and science of CPR by the secondary school students would increase the available of bystanders needed in the provision of CPR in our community.
- This study has provided the first documented information on how the Uttar Pradesh secondary school students feel about cardiopulmonary resuscitation and its introduction into their schools' curriculum.

5. Conclusion

Based on the findings above, the following conclusions were drawn: The school system offers a promising route to the

widespread dissemination of CPR skills. Indeed, schools provide suitable environment for training and reinforcement of knowledge and skills. School children are more accessible and more easily motivated than adults; they learn quickly and retain skills well. The positive attitude of the studied higher secondary students towards CPR is not only comparable to what has been reported in Europe and Asia, but actually much more which gives a strong support to the advocacy for the introduction of the teaching of this subject into the schools' curriculum. -By incorporating resuscitation skills into the school curriculum, it is hoped that greater awareness and acceptance of CPR as well as specific resuscitation skills might be instilled routinely in the upcoming generation, thereby increasing effectively the CPR bystanders providers in the community.

6. Recommendations

Based on the findings of this study, it is recommended that the teaching of CPR should be incorporated into the secondary schools' curriculum without delay and teachers should capitalize on children's willingness to learn this subject as one of basic emergency life-saving skills and reinforce skills performance on an annual or more frequent basis. -Similar

studies should be carried out in other parts of Uttar Pradesh.

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